



# YPSI MIX

## September 2019

312 N. River Street, Ypsilanti, MI

48198

### The End of Summer...

### September Events

**YFC Board Meeting**  
Tuesday September 10  
4:30 pm

**Ikaro Phoenix**  
Saturday September 14  
2 to 3:30 Consciousness:  
the Medicine of the Spirit

**Jazz on the Patio**  
Saturday September 14  
4:00—6:00 pm  
Jazz and Palm Reading  
along with samples.

**YFC Talk and Tour**  
Info about the Co-op  
Thursday, September 26th  
4 pm @ the Co-op  
Join us to find out all the  
ins and outs about  
shopping at the co-op and  
ownership and receive a  
10% coupon.

**YFC Board Meeting**  
Tuesday October 15th  
6:30 pm  
Board meetings are open to  
the public unless an  
executive session has been  
called.

### YFC Social



At the start of July, I drove from Michigan to New Hampshire and Massachusetts, passing through parts of Ohio, Pennsylvania, and Upstate New York on the way. Mile after mile, the usual pastoral scenery of all that farmland between here and the Vermont border was upended, as we began to notice how field after field were simply not planted. On countless similar drives, I have never seen anything like it: hundreds of acres sitting half empty.

As an organic vegetable farmer, it is true that I spend more time thinking about weather patterns, plant seasonality, and the climate than most people. After we had to plant our tomatoes, peppers, and all other crops a month behind schedule when the ground was too wet to till this spring, I became acutely aware of what climate anxiety feels like. But,

this summer's extreme weather across the nation, and the globe, has made more people take notice. For instance, if you visited any Michigan beaches on the Great Lakes, you probably noticed a smaller beach than before, if it is still there. The image of shallow water turned tan from the beaches and dunes swept away at Sleeping Bear stays with me, as do bluffs crumbling 80 feet down into Lake Michigan.

So, what is going on and what do we do? The short answer is equal parts Climate, Culture, and Politics, and the solution is to transform our climate anxiety into action. After all, a potential positive is that climate disruption will reconfigure our food system for us. No matter how unsustainable our reliance on industrial agriculture continues to be for the environment, for public health, for worker well-being, and for our local economies, it shows little sign of slowing down by itself even as the global marketplace for certain goods diminishes.

...Continued on page 2



Climate disruption will force us to increase our reliance on local agriculture in a tangible way, by making sure that small-scale family farms stay viable. Specifically, we should celebrate farms who replenish the soil and water, support biodiversity, increase food security, and safeguard ancestral knowledge.

Over 10 years ago, the recession encouraged the blossoming of the local food movement in Michigan, but in the last few years, support for local farms, farmer's markets, and food co-ops has actually gone down as more corporate 'organic' options proliferate. It is as important as ever then, to renew our support of local farmers, farmer's markets, and cooperatively-owned grocers and food businesses, while we also recommit

to consuming products produced without exploitation, pesticides, fossil fuels, and plastic packaging. While we demand climate action from global leaders, we must also take action in our local communities.



Stefanie Stauffer, PhD is an Ypsi Food Co-op Board Member, an organic farmer, local food advocate, hot sauce maker, and Sociology professor at Washtenaw Community College.

---

## Climate Action at Ypsi Food Co-op: What we can all do to help our environment

The future of agriculture and sustainability are a main issue facing our global communities and it is a big part of what drives product decisions at the co-op.



Our produce department continuously looks for top quality organic, local and Michigan grown products for your table. We seek to keep costs competitive without sacrificing quality.

**For the first week of September 75% were either local, Michigan or organic product.**

Each of our produce products are plainly marked with signs that indicate the category of each item. Green outlined signs with a "USDA Certified Organic" circular logo identifies certified organic produce. Yellow outlined signs with the Green Michigan mitten means that product was grown in Michigan. A large yellow "L" in the upper right corner indicates that the product was bought locally from our farmers who use organic practices. A red outline indicates conventionally grown items. These tools empower each person to be as informed as possible, allowing you to be in control of what your dollars support while helping the environment!

The chart on page 3 shows our produce mix consisted of 61% Michigan/Local. Organic dropped to 38%, most likely because with more local there would be more that are not certified organic, although our local growers are using organic growing methods, but cannot claim it in our store.

## Ypsilanti Food Co-op Fresh Produce 9/06/19

	MI	LOCAL	USDA ORG		MI	LOCAL	USDA ORG
Apple Fuji Bags				Mushrooms			X
Granny Smith Bags			X	Okra		X	
Apple, Gala Bags			X	Onion, Green		X	
Apple, Honeycrisp				Onion, Red	X		X
Apple, Gala				Onion, Shallot		X	
Apple,Granny Smith				Onion, Sweet		X	X
Apple Fuji				Onion, Yellow		X	X
Arugula Mix		X		Orange, Valencia**			
Avocado**				Orange, Navel**			
Banana **			X	Oregano		X	
Basil		X		Parsley		X	
Beans Green		X		Peach			
Beets	X		X	Pear			
Blueberries	X		X	Peppers Hot	X		
Broccoli			X	Peppers Green & Red		X	X
Cabbage	X		X	Peppers Sweet		X	X
Carrot 1LB	X		X	Pineapple**			
Carrot Baby 1lb			X	Plum, Prune	X		
Cauliflower				Potato, Red			
Celery		X		Potato, Russett			X
Chard		X	X	Potato, Sweet	X		
Cherries	X			Radish	X	X	
Cilantro	X	X		Spinach Bunches		X	
Corn	X	X	X	Spring Mix		X	X
Cucumber	X	X		Squash, Acorn		X	
Eggplant		X		Squash, Butternut	X		
Garlic		X		Squash, Spaghetti	X		
Ginger Root**			X	Squash, Yellow		X	
Grape	X		X	Squash, Zucchini		X	X
Grapefruit**				Tomato	X	X	X
Kale		X		Tomato, Grape/Cherry	X	X	X
Kohlrabi	X			Tomato, Heirloom		X	X
Kiwi**				Tomato, Roma	X		X
Leek		X		Tomato, Vine			
Lemon				Turmeric Root**			
Lettuce, Romaine			X	Current Farmers:	*Garden Party		
Lettuce	X			*Ferris Farm	*Old City Acres		
Lime*				*Andy Stutzman	*Pakhabari Farms		
Mango **			X	Our local Farmers are Organic or they use organic growing methods avoiding synthetic pesticides, herbicides and fertilizers			
Melon			X				
Mint		X					
Microgreens		X		**Not Grown in Michigan/Zone 6 or Tropical			



## Voted Best of Washtenaw Local Grocery and Natural Food Store !

"Jazz at the Co-op" events continued this summer, with another fun afternoon happening Saturday, September 14 from 4 to 6 pm on the patio! One of the benefits of the Jazz series is the opportunity for the young musicians of the Ypsilanti Youth Orchestra Jazz Ensemble (directed by Steve Somers), to perform in public. The YYO is a non-profit group that provides tuition free classes as well as a jazz ensemble, chamber groups and a full orchestra. While diet is important for the mind and the body, music can also be very helpful for mental, social and physical development and your health. The Food Co-op supports this group and these concerts to share with the community some of the great things our community is.

We will also have Palm Reading by Vijaylaxmi from 3 to 6, outside if the weather is nice, and Ikaro Phoenix from 2 to 3:30 on Consciousness: the Medicine of the Spirit. Ikaro will be in the Upstairs Meeting Room of the Co-op!




---

### Fall Joys

One of the many joys of our Ypsi Food Co-op store is the beautiful gardens surrounding the co-op building! YFC has been here since 1983, and as stewards of this land, we have developed are space with the help of many staff, volunteers, and contractors. We have a water and soil retention garden: the River of Iris, Honey Bee Alley full of bee loving plants, a Rail Road buffer, window boxes of flowers on the front, and perennial beds in the boulevard.

These gardens have blossomed extensively over the years for our whole community and we would love your help in fall cleanup: weeding and dead-heading and mulching!

Every Saturday we will have a work day, but we also welcome help other days... just let us know when you would like to come! If you can spare an afternoon we would really appreciate it!

You can earn a 10% discount for every two hours, and you'll get plenty of fresh air while you work!




---

**General Manager**

Corinne Sikorski

Corinne@ypsifoodcoo



We are happy to announce Winona LaDuke will be the keynote speaker at our Co+nvergence banquet dinner on Monday, June 24. Her address is titled *Lighting the 8th Fire: Indigenous Economics for our Future*.

Winona LaDuke is a rural development economist working on issues of economic, food, and energy sovereignty. She lives and works on the White Earth reservation in northern Minnesota, and leads several organizations including Honor the Earth, Anishinaabe Agriculture Institute, Akiing, and Winona's Hemp. These organizations develop and model cultural-based sustainable development strategies utilizing renewable energy and sustainable food systems. They are growing hemp to mill into fabric. This involves finding the technology and equipment to decorticate, degum and spin into thread.

Creating a post petroleum economy can happen. Cotton is huge consumer of water and pesticides, whereas hemp is not. Cannabis means canvas.

LaDuke is an international thought leader in the areas of climate justice, renewable energy, and environmental justice. She is also a leader in the work of protecting Indigenous plants and heritage foods from patenting and genetic engineering. She has authored six books including *Recovering the Sacred*, *All our Relations*, *Last Standing Woman*, and her newest work, *The Winona LaDuke Chronicles*.



We are all in this boat together



You can't consume your mother and expect her to survive.

Native Wild Rice is important to the people and needs to be upheld; how it is labeled and the water for it's growing.



Food has spirit, has art

Pawnee Eagle Corn.

Gete-Okosomin—really cool squash have been created and named by Winona and is available in the Baker Seed Catalog

Corn had over 8,000 varieties when America was great; we had biodiversity before Monsanto was here.

Prophecy of the peoples was to go where the seed goes. That is where it will grow. We need to decolonize the crops; the traditional corn was low carb, hi protein, high in vitamins. Re-constructing our geography to raise crops and livestock that were meant to be here, and are tolerant of the conditions we have.

The prophecy of the 7 fires offered two paths, the trodden path and the green path, and we are on a re maturation of our lives.. together we are on the same path. We must reindigenize our food economy. Winona called it the Windego Economy. We would eat the last goji berry from Tibet if we are only concerned with consuming.

Today we face the 8<sup>th</sup> fire, and the Green New Deal offers support to a cooperative possibility. The current infrastructure is falling apart, but we need to revise the system and birth it into a new reality, not rebuild the old structures. That means moving from fossil fuels, that means protecting the water. The future of food is Local Food. Everything is changing and we need to find those seeds that will still grow... and protecting the water must happen to be able to grow. We must determine our fate and choose the path and we are the ones who can do that.

How long will you let others determine your fate? WE are warriors and must direct our own fate, and the fate of our generations to come.

They thought they buried us, but they forgot we were seeds.